

\*Readings of the study guides & text chapters listed must be completed prior to this lesson. Because lesson outline does not follow the exact order of the text, reading ahead and skimming entire text for current lesson topics is necessary and highly encouraged.

Lesson	Study Guides	Classroom Academic	Deck/Water Activity	*Assigned Readings
1	<a href="#">lesson 1</a>	Administration; course procedures; grading, skin diving equipment: mask, fins, snorkel; Valsalva; <a href="#">Risk Management</a>	Basic skin diving skills: kicking, snorkel clearing, Valsalva, surface dives, mask clearing	CH 1
2	<a href="#">lesson 2</a>	Introduction to Boyles Law: air spaces; squeezes/blocks; buoyancy (Archimedes); use of BC	Skin diving skills: mask clearing, use of BC, cramp removal, towing, wt. belt use	
3	<a href="#">lesson 3</a>	Review buoyancy (Archimedes); Hyperventilation, shallow water blackout, and CO <sub>2</sub> excess	<a href="#">Skill Assessment #1:</a> Clear mask and snorkel	CH 2
4	<a href="#">lesson 4</a>	Scuba diving equipment use, features, care, handling and assembly; Charles'/Amonton's Law	Assembly of scuba equipment; equipment donning; buddy equipment check; <i>entry, use of equipment on surface, buoyancy check, exit</i>	
5	<a href="#">lesson 5</a>	Communications and scuba safety rules; buoyancy control, normal descents and ascents	<a href="#">Skill Assessment #2:</a> Introductory Scuba Dive - normal descent; mask and regulator clearing (recovery); hovering; normal ascent	CH 3
6	<a href="#">lesson 6</a>	Air consumption (Boyles law) and SAC rate; "out of air options"	Don BC at surface; underwater weight belt removal/replacement; ESA, EBA, octopus and buddy breathing	
7	<a href="#">lesson 7</a>	Diving science, effects of pressure and medical aspects of diving	NA	CH 4

8		<b>Quiz #1</b> (CH 1 – 4)	<b><u>Skill Assessment #3:</u></b> Out of Air Demonstrations - ESA, EBA, Octopus, & BB	
9		Dive tables and computers	NA	CH 5
10		NA	Modified bail-out; doffing & donning; wt. belt removal; blackout buddy swim	
11		<b><u>Quiz #2</u></b> (CH 5)	<b><u>Skill Assessment #4:</u></b> Equipment Management and Control - bail-out; doffing & donning; (weight belt removal/replacement); normal ascent	
12	<a href="#"><u>lesson 12</u></a>	Diving environment; dive planning and recording; problem solving; SAC rate; introduction to rescue	NA	CH 6 - 9
13		<b>Quiz #3</b> (CH 6 – 9)	<b><u>*Skill Assessment # 5:</u></b> Scuba Rescue Procedures	
14	<a href="#"><u>lesson 14</u></a>	Underwater navigation	Underwater compass course	
15		NA	<b><u>Skills Assessment #6:</u></b> Scuba Response Scenario	
16		Question and answer session	<i>*Skill Assessment Option</i> Obstacle course	
17		<b>Final Written Exam</b>	NA	
18		Exam review; course evaluation; logbook	NA	